

## children need rest to do their best

**m**illions of Americans are unaware that their children may be seriously sleep deprived. That's why the National Center on Sleep Disorders Research at the National Heart, Lung, and Blood Institute (NHLBI) developed the *Sleep Well. Do Well. Star Sleeper Campaign*. Its goal is to advise parents that children need at least nine hours of sleep each night to do their best in school, sports, family relationships, friendships, and other activities.

Like adults, children suffer when they don't get enough sleep. They may have difficulty concentrating on their schoolwork, become irritable and fidgety, and be more vulnerable to common injury and illness.

Encouraging good sleep habits when children are young can help lay the foundation for a lifelong habit of adequate healthy sleep. The *Sleep Well. Do Well. Star Sleeper Campaign* and its "spokescat" Garfield have some great tips to help you help your children get enough sleep. These include establishing a relaxing bedtime routine, such as a warm bath or reading, and avoiding big meals and caffeine before bedtime.

For a list of bedtime tips and more information on the importance of sleep, visit the *Sleep Well. Do Well. Star Sleeper Campaign* Web site at <http://starsleep.nhlbi.nih.gov> — or contact the NHLBI Health Information Network at 301-592-8573.

